

**With Dr
Bhanu
Ramaswamy**

A Life to be Lived



Duration: 1 day
CPD Hours: 6.5
Format: Face to Face or Online
Fee: £160

**Dr Bhanu Ramaswamy OBE Independent
Physiotherapy Consultant**

Overview & Course Aims:

A one-day course combining theory and practical application for qualified physiotherapists, essentially to develop clinical reasoning and decision-making skills when reviewing the needs of older people who are being seen in a home-based community setting:

- To update them on neuro-musculo-skeletal aspects of the ageing body (with a focus on changes in gait and balance) of relevance to clinical practice with this population
- To review contemporary research evidence about the benefits of physical activity, exercise for falls prevention, and recognition and management of frailty
- To consider the use of a commonly used assessment outcome measure, and how it can be used to inform practice
- NB. This course mainly covers physical changes with this population, and does not cover dementia. Also, hospital-based therapists may find that a course covering acute setting intervention or a multidisciplinary course more suitable to their learning needs

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Training made easy



Key Learning Outcomes:

By the end of the course, participants will be able to:

- List common changes that occur in the ageing nervous, muscular and skeletal systems
- Discuss and consider the appropriateness of assessment tools, treatments and outcome measurement commonly used for physical intervention with their ageing patients and clients
- Access research evidence about the benefits of physical activity, falls prevention and frailty to inform their clinical practice